

Eagle's Nest Camp



Parents'/Guardians' Manual

Summer 2021—94th Season

Preparing Your Child and Yourself for Camp: Going away to camp for the first (or second or third) time can be both thrilling and terrifying for both children and parents. Camp gives children the opportunity to learn and practice vital life skills of independence, resiliency, relationship building, courage and self-efficiency. Camp will provide many opportunities for fun and magic, and it may be challenging at times. We will support your children as they face challenges, and we will help them develop the tools and confidence that they need to successfully care for and support themselves on their path to adulthood. Talk to your child about what it will be like to be at camp and about any fears that they may have. Let them know that although you will not be there to help them when they are away, their counselor will provide wonderful support and care for them. If you are feeling nervous yourself, please contact us. We know how difficult it can be to pass on the care of your children to someone else. Please trust that Eagle's Nest is prepared to nurture and care for your child while they are with us at camp.



Experiential education for young people, promoting the natural world and the betterment of human character.

We hope that Eagle's Nest will be a fun and enriching experience for your children. Living simply can be challenging in a time when our children are often over scheduled and overstimulated by all that the world and technology have to offer. We believe it is important that we teach children how to live day by day in a nurturing **community**. We provide campers with simplicity, a place to play, a place to explore, and a place to connect with the **joy** of being a child. At Eagle's Nest our campers are encouraged to interact and connect with **nature**. We provide them the opportunity to be independent of their parents and friends from home so that they can make their own decisions and gain **confidence** in their abilities. And we give them a chance to step out of their comfort zones and take on challenges with the support of their counselors and camp friends. Our campers are able to act freely among their peers, put down the disguises they may wear at home, discover themselves, and grow as **compassionate** people. These are our core values. At Eagle's Nest, children grow and bloom.



Once children have established themselves in the Eagle's Nest community they can pursue deeper, genuine, respectful friendships. Good relationships don't just happen by chance or by the fact that we are together at camp. Relationship building must be taught and learned. As the world becomes more complex and demanding, forming honest, face to face relationships becomes more difficult. At camp we unplug from technology giving our campers a chance to hear our natural world and connect with the outdoors and each other. Detachment from constant entertainment or stimulation like that of electronic devices with screens creates space for creative play, problem-solving and learning. At Eagle's Nest we create a space for children to simply be, away from many of the distractions found outside of camp.

We find that it is enriching to interact together. In the camp environment campers are happy and they are able to change and grow. Camp is the perfect place to live together intentionally in cabins with peers, at family table groups where we share our daily joys, doing chores where we learn about giving service to a community, in the outdoors where we learn about nature, and on sports teams where we learn to play together as part of a team. Camp life is highly active, structured and intentional, but it is also fun.

Of course, at the root of any successful community is our physical safety and security. Eagle's Nest Camp is in compliance with hundreds of safety standards and receives accreditation by the American Camp Association (ACA). We also go beyond these standards. Our standards for program safety are formulated with guidelines from the ACA, Outward Bound, the National Outdoor Leadership School, and the Association for Experiential Education, among others.

Thank you for helping us to nourish the spirits of your children. Please use this manual to help you as you prepare for your child's experience at camp. Please also contact us if we can provide additional help with your preparations, and throughout the camp experience. We are forming a partnership with you, the parents and guardians; we are very excited and willing to do the work to make that partnership strong and positive.



Opening Day: This day is both exciting and challenging for parents and children. We anticipate that this will be especially true this summer, after a year away from most social interactions and in-person learning. We are so excited to welcome campers back to campus this summer, and anticipate that each Opening Day will be filled with joy, and a lot of nervous energy from parents, camper and staff alike. This year, in order to help mitigate risks with COVID, we will be doing a drive thru drop off. **We will assign a drop of and pick up time for you** between 9:00 a.m. and 12:00 p.m. Our staff will greet you at the entrance to Eagle's Nest upon your arrival and direct you through the check-in process, which includes a temperature check and symptom screening. At the end of the process you will transfer your camper to our care. We know that it is difficult to say goodbye in the car and not have the opportunity to escort your child to their cabin. We are working to make this transition smooth and comfortable for all. Please help with this process by reviewing it with your camper and making a plan for saying goodbye before you arrive on campus and stick to it. We can help with suggestions.

Eagle's Nest is an inclusive community. Cognizant of societal inequities, ENF is committed to attracting and serving people of diverse cultures, ethnicities, faiths, identities, and socioeconomic backgrounds. Our community ethos fosters belonging, self-awareness, respect, honesty, empathy, inclusion, and equity. We strive to honor the perspectives and traditions of all members of our community.

Eagle's Nest's philosophy is built on respect and being responsive to cultural differences. We are an independent, not-for-profit foundation. We believe that it's important to create a space that is available and safe for all. A diverse community must include support, acceptance, respect and compassion. We also believe that to be equitable we must honor all camper's values, perspectives and identities to create an inclusive community.

Eagle's Nest also believes in supporting participants with financial need. We awards over \$100,000 in financial aid each year and also have a Gear Lending Library that provides essential camp gear like raincoats to campers who need it.

Gender Inclusion: Eagle's Nest Foundation is committed to creating a positive and inclusive learning environment to all participants and staff, regardless of their sex assigned at birth. We offer a safe space where we support all our campers and participants. We teach and foster empathy and respect throughout our community. Our goal is to ensure all people feel safe and supported.

Transgender campers and staff are housed in the cabin of their gender. We work with gender fluid and non-binary participants to help find the most comfortable housing assignment for them. We will address participants by the name and pronoun that corresponds with their gender. Personal information, including transgender status, about individual campers or participants is private and will not be disclosed by camp staff. If while at camp a participant discloses that they identify as a gender different than their sex assigned at birth the Camp Director will work with the individual participant to create a plan for how the participant's gender will be supported at camp. Eagle's Nest leadership staff will encourage the participant to seek support from their parent(s) or guardian(s) and assist the participant in this process. Should the camper or participant request that the Eagle's Nest leadership not share this information with their parent(s) or guardian(s), Eagle's Nest will honor this request. If there is anything with regard to your camper's gender or sex about which you would like to talk to us, please do not hesitate to contact our Camp Director, Paige Lester-Niles. Paige will set up a time to talk with you. Please know that any information you share with us will be kept confidential.

Cabin Assignments: We ask that you support us on our cabin assignments. We will not make changes in cabin assignments. Grades in cabins may change each year. Some cabins have mixed grades. When making cabin assignments we read requests that families have made, but we cannot guarantee that all buddies will be together. We will support campers in building friendships in their assigned cabins. We encourage new friendships and expanded horizons. Thanks for understanding and supporting us.

Age and Cabin Grouping: Campers are accepted from kindergarten graduates through 11th grade graduates. Participants are grouped according to grade level to ensure homogeneous maturity. Those who have completed the 11th grade may serve as Junior Counselors (JCs). In Session IV JCs have completed 10th and 11th grades. Grades K-6 comprise the ranks of Junior Program Assistants (JPAs) and Program Assistants (PAs). Grades 7-9 comprise the Counselors in Training (CITs). These camper ranks are designed to establish categories for participation in community life



Food: We serve natural, healthy foods. Our diet at camp consists of simple, made-from-scratch cooking. We use lots of healthy fresh ingredients like whole grains, local produce, and white meats. Protein balanced vegetarian options are served at every meal for those who desire it. We use sugar moderately and serve desserts occasionally. We also have a garden which produces some of the produce that we use in our meals. Please do not send your child to camp with food. We can honor most special dietary needs upon arrangement. We are not a nut-free campus. Thank you for helping us get healthy, natural foods on our tables and promoting healthy eating habits.

Community building: Eagle's Nest is an independent foundation with no religious affiliations. We are non-denominational and inclusive. We embrace a diversity of religious, philosophical and spiritual thought. We believe that children need to feel that there is a "goodness and beauty" out there in the universe and that this "goodness and beauty" is greater than we are as individuals. At Eagle's Nest we strive to create connections to nature, love and joy. We believe that children and adults need to feel connected to something greater than themselves. This sense of membership, connection and belonging has significantly positive ramifications.



Swimming at Eagle's Nest: At Eagle's Nest we test all campers to assess their swimming abilities. Knowing each camper's swimming abilities helps us plan for the many water-oriented activities in which they will participate at camp. The swimming test includes swimming on the front and back, jumping into deep water and treading water for 2 minutes. During Sessions 1 - 3, campers who are unable to swim are required to take swimming classes at camp – either every day or every other day. During Session 4, campers are highly encouraged to take swimming. Our swimming program helps us meet our mission by teaching a valuable life skill that campers need in order to participate in many of our activities. Swimming also connects campers to the outdoors and camp provides them with a supportive program in which they can step out of their comfort zone a bit and face some of their fears about lakes and other natural bodies of water.

Please help prepare your child for swimming at camp. If your child is a novice swimmer, enroll them in a class at a local organization that teaches swimming. Let your child know that they will be taking a swimming test in the camp lake. Let us know if your child has fears about taking the swimming test or about taking swimming at camp. We also train our staff on how to help nurture and prepare campers for the swimming test. If there is a reason why you would like for your child to be exempt from taking swimming at Eagle's Nest, or if you have concerns, please contact the Camp Director, Paige Lester-Niles, to discuss.

Tiping: We ask that our parents not tip the staff. The work we do is out of respect for children and the gratification of such work. Donations to the camp scholarship fund in honor of our staff members are welcome and appreciated.

Shipping Luggage to Camp: Luggage and trunks may be shipped one week prior to the opening of the session via UPS or FedEx. The camper's name should be marked clearly on the outside of the item. Please do not store return shipping labels inside the trunk. Return shipping labels should be uploaded to your CampDoc account under "Applicant Information" and Camper Canteen Form. If your camper is flying, we strongly recommend that you ship their baggage to camp. Ship luggage to:

Eagle's Nest Camp
Camper's Name
43 Hart Road
Pisgah Forest, NC 28768

Shipping Luggage Home from Camp: Parents or guardians may ship their camper's trunk and other luggage home by providing Eagle's Nest a prepaid UPS or FedEx label. Please upload return shipping labels to your camper's profile on CampDoc.com under "Applicant Information" and Camper Canteen Form. Using a pre-paid return label is a great way to make sure your child's trunk is shipped to the address you want, with the insurance coverage you need, and by the carrier you prefer. Detailed instructions for creating return labels are available on the UPS and FedEx websites, or by calling their customer service lines.

Parents or guardians who wish to ship their camper's trunk, but do not provide a return shipping label must complete the Camper Canteen Form under "Applicant Information" in your camper's profile on CampDoc.com. Add the \$100 shipping deposit add-on via your camper's profile on CampDoc.com under Registration. We will take care of shipping your camper's trunk via FedEx only. We add the \$5 insurance fee which covers \$200 in value of the contents of the trunk **but not the actual trunk**. After the trunk has been shipped, we will send you an invoice or refund depending on the final cost of packaging and shipping through the store.

****Please Note:** Eagle's Nest is not responsible for any luggage lost or damaged in transit to or from camp.

Telephone Use and Contact with Camp: Telephones and parents'/guardians' voices endanger the child's total independence in one fell swoop. Hearing that loving and concerned voice on the other end of the phone is simply too much. Therefore, we don't allow telephone contact with the child except in cases of emergencies. We will, however, deliver important messages from you. Personal cell phones for campers are not allowed at camp. Please do not send a cell phone with your child for their use while at camp.

We want to keep parents and guardians in the loop and are very accessible. Please call or email us when you need to connect or would like an update. We enjoy talking with parents and guardians about their child's experience at camp. You can contact the Camp Director, Paige Lester-Niles at paige@enf.org.

Accreditation:

The American Camp Association accredits Eagle's Nest Camp and Hante Adventures. Our activities meet or exceed the ACA's safety standards.

Children Going Off Campus:

We do not allow your child to leave camp with other families for any reason without specific written permission from you. This permission must include the name of the person, over the age of 18, with whom the child may leave camp.

Picking Classes:

Campers will have the opportunity to self select activities. They will also be participating in some activities with their cabin, and will have a "free choice" activity time in the evenings. The full time camp staff will work with campers to help schedule their classes. We work to help campers create a schedule that is well rounded by encouraging each camper to take an outdoor class, an athletic class, and an art class. Also, they are encouraged to try new classes and take a higher level of a class than they have already taken. Some classes are very popular and may not be open for all campers. We do our best to help all campers get into a couple of their top choice classes.

Visiting: We know parents and guardians love to participate in, observe, or be part of our children's experiences; however, we have found that visits to camp by parents and guardians can be disruptive. We do not allow campers to have visitors, and ask parents and guardians to experience and observe camp through letters, pictures posted on a photo platform through our website, and conversations with camp leadership. You'll also have lots of stories to look forward to at the end of the session.

Stay-Over Program: Campers attending two consecutive sessions may remain at camp for the extra day between sessions if prior arrangements are made with Eagle's Nest. The charge for the Stay-Over program is \$200.00. This service is **ONLY** for campers, JCs, and Hante participants staying for **TWO** consecutive sessions.

Letters: Links with home are very important. They are your expression of love and support for the experience your child is having. They furnish security in knowing that everything is alright at home. Please write to your child at least once a week and preferably two to three times. You may even want to send letters ahead of time so that your child will have a letter waiting for them when they get to camp. You can also leave a couple of letters with us on opening day. The summer address is found on the back of this manual. Give it to other friends and relatives too (please include camper's cabin number once you receive it on opening day). You don't need to write long letters; just a postcard or note with something positive. Please do not discuss home problems or over emphasize how much you miss your child (that can also produce homesickness). Simply write frequent, newsy dispatches, supporting your child's experience at camp and asking questions about camp. If you receive troubling correspondence from your child, please contact us so that we can help. On our part, we will try to get the campers to write home. Remember, campers are busy and forget to write home. You will also receive a postcard from your child's cabin counselor that will tell you how they are doing in the cabin and what classes they are taking. All of these handwritten letters home, including the homesick ones, become treasured keepsakes. Please note that our local Post Office is the last on the line and mail can be slow to depart from and arrive to Pisgah Forest.



Care Packages: We know that parents enjoy sending care packages to their children; however, we believe that kind letters from loved ones are more meaningful. Sometimes parents and guardians can also go overboard in trying to show love and support through care packages by sending multiple packages filled with items camper might not really need. This can create inequity. If you would like to send a care package, **please only send one**. Please remember that we teach simple living and sustainability at camp and send environmentally friendly "treats" (NOT FOOD) that your child can enjoy at camp. For example: games, stationery, cards and books. When a child receives a package at camp, they will open it with their counselor.

Photos and Web Updates: We are happy to provide digital photographs of camp activities through a portal on our website. Beginning this summer, Eagle's Nest is excited to partner with Pixevety, which is a consent-driven photo platform designed to protect photos and privacy. Pixevety allows us to organize all of our camp photos on one platform to be accessed safely and securely by families. On Pixevety, families will be able to search content and download photos. As we get closer to the start of camp we will send out information on how to login to Pixevety and view photos of your camper. We also update our blog frequently. We know that families enjoy seeing pictures of their children. While we will do our best to update the pictures every few days, we are occasionally unable to do so because of timing, internet access, and our need and desire to spend time with the campers. We try to be very unobtrusive in our picture-taking as we find picture-taking can be disruptive to the experience. Please remember you are only viewing a "snapshot" of life at camp and a photo of a leg sporting a band aid or a picture of a studious child are all part of daily life and not a sign of distress. Your children are in the hands of caring, capable professionals dedicated to your child's daily well-being.

Expectations for Behavior: Eagle's Nest promotes a safe and nurturing community in which children and teenagers may mature at an appropriate pace. We are very clear with our campers about our rules and boundaries, and about our expectations for their behavior. We also teach them to understand the connection between their behavior (good or bad) and the resulting consequences (natural and imposed). We teach our counselors and campers to remove the negative connotation of discipline, and view it as a positive way to help children become their best selves. For example, we think of successful athletes as being very disciplined in order to meet their goals. In the same way, we help children to be disciplined about the way in which they interact with each other within our community. We also help children to be disciplined and make good choices by teaching respect for each other, our camp community and by setting our expectations for camper and staff behavior. We are not punitive; we operate through a sense of caring for our campers.

Eating Habits and Disordered eating: Unfortunately, we do see children with eating disorders. Eagle's Nest is not equipped to counsel those with serious eating disorders. Campers eat in small family grouped tables of six to eight campers and two counselors. Counselors monitor and encourage healthy eating habits.

Homesickness: There's a good chance that your child will miss home at some point, just as you will probably miss your child. Homesickness stems from a break with familiar, loving connections—to home, to family, to pets, to routine, etc. Our best way to handle homesickness is to start building strong new connections with campers right away, so that they feel secure and know that they are not alone. We do this in many ways through the many communities that exist at camp. We are also very in-tune with spotting and caring for homesickness in a kind and nurturing way. If the homesickness is acute and continues for more than a day or two, we will contact you to let you know what is happening and enlist your help with a plan. Generally we will not allow the camper to talk with you as that isn't helpful to the camper or the parent/guardian. If the camper does talk with you, please support them being at camp and do not tell them that you'll come and get them. Please trust that we are caring for and nurturing your child through their homesickness. Please also know that your child will face similar discomforts in life, and that this experience will help them learn to be successful and resilient as they meet other challenging situations.

You can also help by preparing your child to understand what the time period of one to three weeks really means. Make a sample session calendar laid out on big paper and “live” that time period before camp. Let your child know that you are proud of them for going away. Remind them that it's okay to feel homesick at times, and that their counselor will help them when they miss home. Do not tell your child that they may come home if they don't like camp. If you do, it will be very difficult for us to counsel and support them when they are homesick.

Sexual Activity: We recognize that sexuality is a vital aspect of growth in young people. We feel that schools and organizations such as ours, which are interested in the total growth of young people, must address this fact. We have found that the camp setting becomes, for some campers, an environment where the camper becomes comfortable enough to ask questions concerning sex and/or their sexuality. Our staff has been trained during orientation to field questions or discussions amongst campers, in an age-appropriate, healthy and sensitive manner. The Eagle's Nest plan for our community is to provide, first and foremost, a well-communicated structure that our campers and Junior Counselors can understand and live up to. Campers and participants may not participate in sexual activities while at Eagle's Nest.



Cabin Rules: In cabins, counselors monitor camper relationships. Campers are never one on one with each other or one on one with a counselor.

Bedtime Rules/Lights-Out Hours: In the evening, cabins are supervised by the cabin counselors. Camp leaders “ramble” camp to make sure things are quiet and settled after lights out. We also close the gates at both entrances in the evenings. At Eagle’s Nest cabins are safe spaces and cabin raids are not tolerated at any time.

Camping: On overnight camping expeditions, campers sleep in single gendered tents and tents. Counselors monitor tent groups.

Dress and Appearance: The basic reason we have a dress code is that we want everyone at Eagle’s Nest to feel comfortable interacting with others, no matter what they are wearing, and we want everyone to be able to be functional with our active outdoor lifestyle. When we are living with a diverse group of people, comfort levels vary with different style, and we want to make sure our clothing fits the environment we are in: an outdoor-focused summer camp. Our dress code calls for functional, non-provocative or offensive clothing. No sexually provocative or revealing attire is allowed. Campers should not wear clothing that advertises tobacco products or alcohol or wear articles of clothing containing profanity, sexual connotations, racial slurs or negative messages. No strapless shirts, tube tops or tops that don’t cover the midriff. No short shorts, very short skirts, or string bikinis. Pants and shorts should be worn at or above the hip bone with no underwear showing. Body piercings should be unobtrusive and not create safety issues. Some piercings we find unsafe for camp are navel, tongue, eyebrows, lips, face or gages. These piercings should be removed before coming to campus.

Close fitting nose rings and studs are acceptable. We expect everyone to keep their body clean and their hair washed. We have included a separate sheet that includes the dress code and packing list. Please share this with your child and let them use it as they pack.

Camper Cleanliness: As part of maintaining good health while at camp, campers shower and change clothes daily. If your child is not used to taking a shower please teach them this skill before camp. Counselors are also instructed to be watchful for skin infections, poison ivy outbreaks and general health of each of their campers. Campers will be expected to practice good hand hygiene and frequent hand washing.

Loss and Theft: Theft is extremely rare at camp but can occur. Since campers can lose track of precious items that they bring to camp please do not bring/send costly and valuable objects like jewelry, expensive or new clothing, expensive watches, etc. to camp. We understand your desire to purchase valuable outdoor equipment such as sleeping bags, boots, etc. for camp; however, most expensive gear is not necessary. We do everything we can to help the camper use good care habits. The camper will be given help with this through guidance from their counselor. At the end of the session, campers are given supervised cabin time for packing and other final cabin activities. Still, many campers struggle to keep up with their personal things and often go home missing a few items with which they arrived. Prior to camp, please have a discussion with your child about how to care for (and recognize) their possessions. It will help if they are involved with packing for camp. We also ask that you label all of your child’s clothing and gear (including toiletries). A Sharpie works well for doing this. We cannot guarantee total protection and we cannot replace stolen or lost items. A camper will have to assume responsibility for their own possessions. All Lost and Found left at the end of the session will go to a local shelter.

Helpful Links for Parents and Guardians: The following sites offer great additional information about how to prepare your child for camp, how to prevent homesickness, etc.: www.acacamps.org and www.campspirit.com

Reasons for Expulsion

1. Drugs and Alcohol: One of the fears that parents have is the exposure to drugs, alcohol or illegal substances that our children may receive in schools, clubs, camps, or social organizations. If a camper brings or uses illegal substances, drug paraphernalia or alcohol at camp, on camp trips, or at any Eagle's Nest Foundation program, or offers illegal substances or alcohol to others, they will be sent home on the first offense and will not be able to participate in another Eagle's Nest Foundation sponsored program for at least one year. Counselors are carefully screened and will receive the same consequences if they violate this policy. There are no gray lines in this issue. We cannot compromise on this strict policy because of the safety risks involved.

2. Smoking: the use of tobacco products, including e-cigarettes or similar vaping devices, are not permitted at Eagle's Nest Camp. A violation of this rule is grounds for expulsion from the program.

3. Sexual Activity: Physically intimate activity, of any sort, at camp or on Hante by participants, including JCs, is not acceptable and is grounds for dismissal. Campers learn to have inclusive, not exclusive, relationships and leave camp with good friends and a love for themselves and who they are.

4. Disregard of ENF Regulations: Any camper or participant who disregards ENF regulations is liable for expulsion. This includes harassment.

If Eagle's Nest is unable to effectively counsel a child and if their actions break Eagle's Nest policy, the child is sent home without a refund and will not be able to participate in any Eagle's Nest Foundation sponsored program for at least one year.



Camp Administration:

Executive Director:

Noni Waite-Kucera

Camp Director:

Paige Lester-Niles

Assistant Camp Director:

Andrew Nelson

Camp Registrar

and Marketing Manager:

Molly Herrmann

Pisgah Forest Office Manager:

Bonnie Carter

Winter Address:

PO Box 5127
Winston-Salem, NC 27113

Summer Address:

43 Hart Road
Pisgah Forest, NC 28768

Daily Schedule:

- 7:30 Rising Bell
 7:45 Table Setting
 8:00 Flag Raising
 8:15 Breakfast
 9:00 Cabin Clean-Up or
 Bread Making
 9:30 Class Period 1
 10:40 Class Period 2
 12:00 Cabin Time
 12:30 Lunch and singing
 1:30 Rest Period
 2:30 Class Period 3
 3:40 Class Period 4
 5:00 Cabin Time
 5:30 Dinner
 6:30 Free Choice Time
 8:00 Goodnight Circle and
 Snack

Evening Schedule:K-3rd Grade:

Evening Activity: 8:00—8:30

Lights Out: 9:00

4th-6th Grade:

Evening Activity: 8:00—9:00

Lights Out: 9:30

7th-10th Grade:

Evening Activity: 8:00—9:30

Lights Out: 10:00



Health Hut and Medical Information: The staff at Eagle's Nest Camp works to give the best possible care to our campers. Whenever the medical staff feels a camper needs help that they cannot provide (e.g. x-rays), the camper is taken to a local medical provider. If the Camp Director or health care personnel deem that the injury or illness is of a significant magnitude, we will contact the family. This would include sutures, fractures, serious sprains, antibiotic or steroid use, a fever or stay of greater than 24 hours in the Health Hut (Infirmary) or multiple visits to the Health Hut for the same illness or malady.

The Health Hut is open four times a day for sick call and children taking medications. Campers who need bed rest will be checked into the Health Hut under the supervision of the Health Hut staff who are trained and certified medical professionals. All staff are trained with a minimum of First Aid and CPR.

Your child's health and well-being is very important to the staff at Eagle's Nest Camp. From planning nutritious meals and age-appropriate activities, to stocking our Health Hut, we keep the unique needs of children and teens in mind. To plan well, we need to be aware of your child's allergies, dietary restrictions, or preferences, and medical history in advance of your child's arrival.

Immunizations: All campers and staff members are required to have up-to-date immunizations. Exceptions are only made for religious or medical reasons. Please contact us to apply for an exemption.

Proof of Medical Insurance: All campers must have medical insurance. Please upload a copy of your child's medical insurance card - front and back - to your CampDoc account. If your child is not covered by insurance, you must obtain temporary insurance for the time period they are attending Eagle's Nest programs. Many insurance providers offer inexpensive temporary coverage - see our website for more information.

In case of an accident or illness that requires medical care, prescriptions or supplies beyond the services provided by our Health Hut, the family's insurance will be billed. Any co-pays, prescription costs, or charges not covered by insurance are the responsibility of the camper's family.

Lice Treatment: On opening day of each camp session, each participant is screened for lice by a professional lice screening and treatment service. We do screenings on opening day so that we can catch cases of head lice prior to it becoming a cabin-wide or camp-wide problem.

If lice are found on your camper: The Asheville Lice Treatment Center (ALTC) will treat your camper for lice and Eagle's Nest will bill you the \$250.00 cost of treatment via your camper's canteen account on CampDoc.com. We will provide the ALTC with your contact information so that they can contact you within 24 hours of treatment to provide you with an email with detailed information specific to your camper's case and guideline for your home care. Eagle's Nest will also email you directly within 24 hours of the opening day screenings to inform you that lice were found, your camper was treated for lice, and the cost of the lice treatment. Eagle's Nest will also schedule ALTC to return to camp for a recheck of your camper a week after treatment.

Medications: In order to provide the best care to our participants we require all prescriptions to be processed by a pharmacy in daily time of day multi-dose packaging (unless unit dosage packing is recommended by the pharmacist) or blister packs. These are medications pre-filled by a licensed pharmacy into individual, daily packages that are sealed and labeled for each calendar day of the session which your campers is attending. Blister packs provide clear packaging and labeling of multiple medications in a disposable, punch card format. This type of packaging organizes the camper's medication according to the daily dosing time and prevents having to work with multiple bottles. Medications are grouped together based on calendar day and time of day for dosage administration.

We require this medication packaging program as it supports the disbursement of medication throughout the camp session. Should campers arrive on opening day with medications not packaged in accordance with these guidelines, we will have a member of our Health Hut staff packages medications appropriately. Should blister packs be required, we will provide these at a cost of \$20 per camper, which will be deducted from the camper's canteen account.

Prescription Medications: Blister packs can be arranged through your local pharmacy. Parents or guardians are responsible for ensuring that campers arrive with prescription medicine packaged according to these guidelines.

Medications taken on an "as need basis": Medication that is taken on an "as needed" basis must be in its original prescription packaging but are not required to be in blister packs.

Over-the-counter (OTC) medications must be in the original packaging and labeled clearly with the camper's name but are not required to be in blister packs.

Inhalers, creams and ointments, epi-pens, and liquids must be in their original packaging and labeled individually with the pharmacy prescription. If your child uses an inhaler for asthma, please send two to camp. One inhaler will be kept by the child and the other by the infirmary.

All medications, including vitamins, are kept in the Health Hut and dispensed by the Health Hut staff. If your child takes medication throughout the school year, please contact the camp office if you are considering a change for the summer. We find it is best for campers to stay on those medications while at camp.



Camper Travel Information

Travel: Your child may travel to and from camp by car or commercial airline. All campers must arrive and/or depart at the assigned time between 9:00 and 12:00 p.m. on Opening and Closing Day of their session. Driving directions are available on our website.

Information for campers traveling by plane: When booking tickets, please select the Asheville Regional Airport (AVL) or the Greenville/Spartanburg International Airport (GSP).

Your Child's Flight Must:

Arrive between 9:00 and 11:00 AM on Opening Day

Depart between 9:00 and 11:00 AM on Closing Day

JCs must arrive between 2:00 and 4:00 PM on the day before the session starts (excluding Session IV when JCs arrive on opening day of camp). JCs may not fly into GSP.

Once travel is booked, please upload a copy of your child's itinerary to your CampDoc account.

Unaccompanied Minors: Most airlines have a mandatory Unaccompanied Minor (UM) program for children under 15 years-old and traveling without an adult. The age limits and fees vary from airline to airline.

Depending on the airline, the UM ticket may not be available through online reservation; you may need to call the airline to set up the UM arrangement. Please pay all UM fees (both ways) directly to the airline.

*Please contact Molly, the Camp Registrar, at molly@enf.org, for the camp staff name and phone # to provide the airline for your camper's unaccompanied minor pickup.

Airport Shuttles: Eagle's Nest provides a shuttle to and from the Greenville/Spartanburg Airport (GSP) and the Asheville Airport (AVL). The shuttle fee is \$40 per camper each way (\$80 round trip) for the Greenville/ Spartanburg Airport. The GSP Shuttle Fee can be paid as an "Add-on" via the Registration tab on your camper's profile on Camdoc.com. There is no charge for the shuttle to or from the Asheville Airport. Please note: the Greenville/Spartanburg Airport is about 1.5 hours from camp, and the Asheville Airport is 45 minutes from camp. Depending on the arrival/departure times of other campers, your camper may need to spend a couple hours in the airport accompanied by our staff, then incur travel time in the van.

If your child is flying, we strongly recommend shipping your camper's trunk to and from camp (see page 5 for information about shipping luggage to and from camp). This way, your child only needs a carry-on bag, which saves time at the airport waiting for luggage and avoids fees for baggage. We suggest that campers who are flying wear an Eagle's Nest t-shirt at the airport. Our staff will wear Eagle's Nest t-shirts as well.

Travel Money: We recommend adding \$20 in Travel Money to the Canteen Account for campers who are flying. This can be done as an "Add-on" via the Registration tab on your camper's profile on CampDoc.com. Travel Money is intended to be used by campers to make purchases (e.g. snack, call home) at the airport while traveling.

Photograph: Please upload a recent photo of your child to your CampDoc profile. Photos help us recognize your child on opening day and greet them with familiarity.



Teen/Pre-teen Questionnaire: Parents and Guardians of children 12 years old or older will need to complete a questionnaire that asks additional information about your child. Some of the questions are sensitive in nature. We ask them so that we can be aware of any challenges your child is facing. As caregivers, we want to give your child the most thoughtful guidance possible. The questionnaires are reviewed by the full-time leadership and kept confidential. Pertinent information will be shared with cabin counselors on an individual basis and only when deemed necessary.

Camp Tuition: The full balance of tuition was due on March 1st. Payment plans can be made with our camp registrar or on CampDoc. Families whose payments are returned for insufficient funds will be charged \$20 to cover bank and administrative fees. JC's and Select (*) Hante participants have different payment due dates; please consult your invoice. Pay via CampDoc or mail payments to PO Box 5127, Winston-Salem, NC 27113-5127.

There are no refunds after February 1st of the upcoming camp season, regardless of the reason for cancellation. All cancellations must be made in writing. **We strongly urge you to consider travel insurance.** Travel insurance can be purchased via your camper's profile on CampDoc.com under "Protection Plan."

Eagle's Nest Foundation is a 501(c)(3) not-for-profit organization, and gifts to the Campership Fund are fully deductible under the law. When sending in your tuition check or paying online, please consider making a donation to the Campership Fund. Donors will be sent a separate receipt for tax purposes.

Camp Forms Timeline and Checklist:

February 1st: Half of camp balance due (non-refundable)

March 1st: final tuition payment due (non-refundable)

April 1st: Camp forms due on CampDoc.com including: Policies and Practices, Medical forms, Copy of insurance card, Travel information, Picture of camper, Teen/Pre-teen questionnaire, canteen deposit *

*You should have access to forms online through CampDoc.com. You do not need to complete the forms in one session, and may return to the site to complete information as it is available (i.e. the doctor's signed medical form).



Links for Camp Supplies:

Everything Summer Camp:
www.cnmfg.com /Trunks and other camp supplies. Use promo code “trail527EN” for a discount.

Diamond Brand Outdoors:
www.diamondbrand.com / Local provider of camp gear.

REI:
www.rei.com or www.rei-outlet.com/Outdoor gear retailer

Liberty Mountain:
www.libertymountain.com: Camp gear

Camp Wish List: Please think about Eagle’s Nest when you’re doing your spring cleaning!

- Digital and SLR film cameras
- Musical instruments
- Costumes (old prom dresses in small sizes are GREAT), wigs
- Board games for cabins
- Road or mountain bikes for our staff members to use
- Coffee mugs for our counselors
- Tools for our garden
- Fleece jackets
- Raincoats
- Sleeping bags
- Hiking Boots
- Riding Boots

What to Bring: Parents and guardians often wish to bestow on their children the best society has to offer. This is very well meaning; however, if you pack a trunk with abundant, new, expensive clothing, two things will happen: your child will get stressed trying to preserve and protect these expensive items OR (more often the case) your child will be totally oblivious to the quality of their clothing and will lose it or will totally destroy it one muddy afternoon on the athletic field (and we have lots of those). We want clothing to be the camper’s responsibility. Please under-pack and bring old, already stained clothing. The result of over-packing is that new things are often lost and the old returned with a bit more mildew on them! If you send new clothes chances are your camper may not even recognize them as their own. We also suggest sending colorful printed towels that are easy to identify; white towels are our most popular Lost and Found item.

So, bring the old shirts, shorts, and pants. Bring some synthetic, warm clothes and a fleece jacket. Cotton sweatshirts do not give much warmth if wet. Bring general athletic/walking shoes and boots which are good for the uneven terrain at camp. Sandals (or opened toed shoes as we call them) are fine as well for parts of camp; however, campers will need closed toed/stay on your feet shoes for the majority of activities at camp. Since we do get wet at camp, we recommend two pairs of closed toed shoes – one that can get wet and stay wet, and one that can stay dry. If you intend to take horseback riding and already have hard soled shoes with a heel, please bring them, otherwise we do have some available. Please consult the packing list and the dress code for other suggestions. Please also review the dress code with your camper. We would also like for you to bring one simple white outfit for special activities.

If you are unable to provide any or all items on the packing list, please contact us for assistance.

Musical Instruments: We encourage campers to bring instruments and play in classes and small ensembles. We will store your instruments in the Performing Arts Building, Cheoah, which is an air-conditioned building.

What Not to Bring: Remember, no music devices, cell phones, smart watches, video cameras, laptops, electronic games, radios, computer toys, electronic readers, dangerous weapons, food or candy. We do not allow campers to take video at camp. We recognize that many cameras have video filming capabilities. Campers may bring those cameras, but they will not be able to take video. Please leave other video equipment, etc. at home. Eagle’s Nest cannot be responsible for lost or stolen electronics. Campers arriving by air may travel with cell phones and chargers. They will need to turn off and turn in their phone upon arrival.

Gear Lending Library: Eagle’s Nest is building a Gear Lending Library to support campers who may need additional gear. Please consider making a donation of gently used person gear (see box to the left).

Additional Information: For more information on local lodging options, directions to campus, etc., visit the Parent / Guardian resources page on our website at www.enf.org.

Canteen Accounts: Each camper has a canteen account, through which they may purchase camp memorabilia and t-shirts, postage stamps, needed toiletries, or get small amounts of money for special outings. Canteen deposits must be made through CampDoc prior to opening day. We will not accept canteen deposits on opening day of your child's session.

We can only accept credit card deposits (via CampDoc.com as an "Add-on" on the Registration tab of your camper's profile– if you have any trouble accessing these add-ons please contact Molly by email at molly@enf.org or by phone at 336-761-1040). The deposit amount is optional, though we recommend:

- \$30 for one week session
- \$60 for two or three week sessions
- JCs: an additional \$35 for the JC outing (except for Session IV)
- An additional \$20 for travel cash (if flying)
- An additional \$100 if planning to ship a trunk without a return label

We will do our best to ensure campers do not exceed their initial canteen deposit. If you do not want your child to purchase more expensive items (ex: Crazy Creek camp chairs, Hoodies), please check the appropriate box on the Camper Canteen Form on your CampDoc account. Please note: Charges incurred by Eagle's Nest for items like shipping and prescriptions/medical co-pays are also handled through camper canteen accounts and are considered over and above the amount deposited for general canteen purchases.

Refunds will be processed through CampDoc two weeks after the close of your child's session unless you opt to donate them to the scholarship fund. Outstanding balances are due upon receipt of invoice. Refunds of \$10 or less will be donated to the camp scholarship fund unless otherwise requested.

Title IX and Non-Discrimination Statement: Eagle's Nest Foundation prohibits any form of harassment or discrimination based on race, color, national origin, ethnic origin, religion, ancestry, gender, gender identity, gender expression, sex, sexual orientation, age, disabling condition, or military or veteran status or any characteristic protected by law.

Please visit our website for more information about Title IX.



Packing List: Please bring old, sturdy, inexpensive clothes. Laundry is done at Camp on a weekly basis during the two and three week long sessions and once during Session 4. Please label all clothing and toiletries. A suggested list for In-Camp follows. Hante and Added Adventure participants will receive additional packing information. Please contact us if you need help finding or affording any items on the list.

One Trunk packed with a complete inventory list of all camper's possessions taped to the inside of the top. Footlockers can be purchased at your local "all purpose" store. We also work with Everything Summer Camp (www.cnmfg.com). They make good quality, long lasting footlockers. Eagle's Nest families receive a discount by entering code trail527EN.

- 4 single sheets (2 fitted, 2 flat, water proof one if necessary)*
- 2 pillow cases
- 1 - 2 sweat shirts / hoodies
- 2 jeans or long pants
- Pillow
- 2 swim suits (no string bikinis)
- 2 Blankets
- 2 pairs of closed toe shoes (one that can get wet)- not Crocs
- 8 pairs of socks, 2 wool
- 1 pair sturdy shoes for hiking (can be 1 pair closed toe shoes)
- 10 underpants
- 1 "fancy" outfit
- 1- 2 pair pajamas
- 4 bath towels (preferably bright and with recognizable design)
- 2 washcloths
- 6 - 8 shirts
- 1 laundry bag (hint: pack sheets and towels in laundry bag)
- flashlight & extra batteries
- sunscreen and bug spray for personal use
- toilet articles & soap -labeled
- 5 cloth masks or enough surgical masks for each day
- 1 drinking cup
- 1 white outfit for ceremonies (optional)
- 1 water sandals or shoes
- 1-2 sweat shirts / hoodies
- 1 pair sweatpants
- medications in blister packs
- 1 water bottle—essential!
- Eagle's Nest bracelet (returning campers only)

*Session IV campers only need one set of sheets

Cabin Campout and Outdoor Class Packing

(all campers need these items for their comfort and safety. We are able to loan some of this gear):

- Synthetic sleeping bag and stuff sack (label both): no cotton or flannel lining
- Optional Sleeping Pad (e.g. Therm-a-rest)
- 1 warm non-cotton, fleece jacket: cotton will not keep you warm when wet
- 1 waterproof rain jacket: must be waterproof
- 2 synthetic, non-cotton shirts

For health reasons, the sleeping bag does not replace sheets and blankets. Campers may also bring a baseball glove, tennis racquet, cleats, camera and film, riding boots, musical instruments, costumes, books, music for dances, and stationery. Please leave e-readers and electronic devices at home. **IT IS ESSENTIAL THAT ALL ITEMS, INCLUDING TOILETRIES, BE CLEARLY MARKED WITH CAMPER'S NAME.** Campers are responsible for their own personal property.